

Basic Report 03044, Babyfood, dinner, macaroni and tomato and beef, strained

Report Date: March 26, 2015 17:51 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 16g	1 oz 28.35g	1 jar 113g	1 jar Gerber Second Food (4 oz) 113g	1 jar Beech-Nut Stage 2 (4 oz) 113g	1 jar Heinz Strained-2 (4 oz) 113g
Proximates								
Water	g	86.34		13.81		24.48	97.56	97.56
Energy	kcal	61		10		17	69	69
Protein	g	2.36		0.38		0.67	2.67	2.67
Total lipid (fat)	g	1.47		0.24		0.42	1.66	1.66
Carbohydrate, by difference	g	9.45		1.51		2.68	10.68	10.68
Fiber, total dietary	g	1.2		0.2		0.3	1.4	1.4
Sugars, total	g	2.09		0.33		0.59	2.36	2.36
Minerals								
Calcium, Ca	mg	17		3		5	19	19
Iron, Fe	mg	0.46		0.07		0.13	0.52	0.52
Magnesium, Mg	mg	12		2		3	14	14
Phosphorus, P	mg	39		6		11	44	44
Potassium, K	mg	112		18		32	127	127
Sodium, Na	mg	38		6		11	43	43
Zinc, Zn	mg	0.54		0.09		0.15	0.61	0.61
Vitamins								
Vitamin C, total ascorbic acid	mg	0.3		0.0		0.1	0.3	0.3
Thiamin	mg	0.038		0.006		0.011	0.043	0.043
Riboflavin	mg	0.043		0.007		0.012	0.049	0.049
Niacin	mg	0.715		0.114		0.203	0.808	0.808
Vitamin B-6	mg	0.056		0.009		0.016	0.063	0.063
Folate, DFE	µg	12		2		3	14	14
Vitamin B-12	µg	0.15		0.02		0.04	0.17	0.17
Vitamin A, RAE ^b	µg	44		7		12	50	50
Vitamin A, IU ^a	IU	878		140		249	992	992
Vitamin E (alpha-tocopherol)	mg	2.62		0.42		0.74	2.96	2.96

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	2	0	1	2	2	2	2
Vitamin K (phylloquinone)	µg	29.3	4.7	8.3	33.1	33.1	33.1	33.1
Lipids								
Fatty acids, total saturated	g	0.486	0.078	0.138	0.549	0.549	0.549	0.549
Fatty acids, total monounsaturated	g	0.594	0.095	0.168	0.671	0.671	0.671	0.671
Fatty acids, total polyunsaturated	g	0.193	0.031	0.055	0.218	0.218	0.218	0.218
Cholesterol	mg	7	1	2	8	8	8	8
Other								
Caffeine	mg	0	0	0	0	0	0	0

Footnotes

^a Vitamin A values range widely due to differences in cultivar and proportion of carrots.

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